

SECTION VI: ON-GOING PLAN TO ENHANCE PHYSICAL ABILITIES

Once a trainee has successfully completed core training, continued improvement and maintenance of the ability to perform the physical tasks of the job are to be encouraged. To that end, instructors may wish to help trainees develop an individual plan prior to the end of the core course. Three major components are as follows:

- Individual Assessment
- Individual Plan
- Activity Tracking

Individual Assessment

Towards the completion of the course, trainees may re-assess their skills and may use their initial assessment as a check on their progress. The four self-assessment tests used in the course are a suitable way to gauge this progress. As a review, these are as follows:

- Cardiovascular: timed 1.5 mile run or 1 mile walk
- Flexibility: exercises (such as sit and reach) for hamstring and back
- Dynamic Strength: baseline number of push-ups
- Dynamic Strength: baseline number of sit-ups

Individual Plan

Using the information from the Individual Assessment above, trainees may develop a Personal Fitness Plan. Forms for this use are contained in Appendix A. The plan should address the following activities:

- Warm-up/flexibility
- Cardiovascular activity
- Muscular fitness activity
- Cool-down/flexibility

Activity Tracking

Once a plan has been developed, trainees may track their activities using a written check-off record or diary. A form for this use is contained in Appendix A. Studies indicate that maintaining an activity diary assists people in continuing their exercise program.